



Ceremony Of Self

Ceremony Of Self(ie)

Created by Laura, Curious Rose

Concept

This is a ritual in self care.

It is a ceremony to create a self-portrait that represents how you want to feel in your body.

Ingredients

Camera or phone

Bath or shower

Your clothes

Make-up and hair products, if you wish

A favourite album or playlist

Notepad

Duration: 1.5 - 2 hours



Method

Step 1

Run a bath or get into the shower. Pamper yourself and take your time. If you struggle to relax, put a timer on for 15 minutes and try to stay in until it goes off. After you get out, get dry and warm.

Step 2

Move to some music that makes you feel good, then write down a few words describing how you feel, and how you want to feel in your body.

Step 3

Continue with the music and choose an outfit that makes you feel good. Style your hair and face in a way that make you feel good.

Connect with your image but keep coming back to the feelings. For example, if you think 'My skin looks dry' turn it into an action or positive feeling, like, 'I'll moisturise'.

Step 4

Find a visually pleasing position, such as near a window. Try to choose a place where the light falls on you from the side. Set up your camera in timer mode, then prop it on a chair or bookshelf.

Step 5

Take some photographs. Play with your image and connect to what feels good. Tilt your head, turn, change your expression, try different shapes, play.

Step 6

Relax. Look through the images and think about how you feel. Turn negative thoughts into positive ones, and save your favourite photos.

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Nurturing Change Through Creative Ritual

Ceremony of Self is an interdisciplinary art project that guides you through life's transitions using creative rituals. Our approach blends arts practice, mindfulness, and community engagement to nurture personal growth and social connection. Through in-person workshops and these at-home recipe cards, we offer a variety of creative acts – from dance and object-making to portraiture and dialogue – designed to support you in times of change.

These cards are part of a series created by our collaborating artists. Discover new releases on our social media channels.

Integrate these practices into your self-care routine to cultivate ongoing personal transformation.

Connect with us on Instagram & Facebook [@ceremonyofself](#)



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